

29. My character strengths



Use your strengths in a new way



DOING

DURATION
15 minutes

FREQUENCY
Ongoing

DIFFICULTY
Easy

EVIDENCE QUALITY



+ WELLBEING

What it is?

- Character strengths are the qualities of your personality that represent your personal virtues.
- Capitalising on these strengths can increase your positive emotions and overall wellbeing.

What can I use it for?

- It's important to think about ways you can use your strengths day-to-day so that you can receive all the benefits and fulfillment associated with living an authentic and value-based life.
- You can use it to underpin goals you set for yourself and behaviour you want to perform to improve your wellbeing.

How to do it?

1. Take the following quiz to identify your Signature Strengths: www.viacharacter.org/
2. Pick one strength to work with.
3. Brainstorm new ways to use your signature strengths.
4. Reflect on how you can use the strength to reach a goal you set or behaviour you are trying to enforce. Even better is to use the strength to underpin a new positive goal.

Anything to consider before I start?

- In identifying your Signature Strengths, you might think of the strengths lower on your list as weaknesses. This is not the case! These are not weaknesses, these are strengths that are not dominant in your life or values.

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Write down your top VIA character strength in the box below:

Let's think back of the goal-setting exercise. Can you think of a way to craft a new goal for the next week where you specifically focus on using your strength in a new way?

Is the goal a SMART goal?

- Specific: they need to be clear and well-defined
- Measurable: you need to be able to 'measure' whether the goal was reached or not
- Achievable: they should not be impossible to achieve
- Realistic: they need to be realistic and relevant to you
- Timely: you need them to have a deadline

Re-write your goal to fit the SMART criteria.

MY HABIT STATEMENT

Habit Statement:

When will I practice it?

How will I **remind** myself to practice?

How will I **celebrate**?



DOING

